

ADULT CLASSES



TANGO LESSONS - Beginners

Instructors: Linda & Marc Esen

"Linda and Mehmet are avid dancers of Argentine Tango. Both love to share their experience and passion for the dance. Their dance program prepares students to learn the basics of leading, following, communication between partners, managing the dance floor and finally creativity. With these fundamental techniques students should soon feel comfortable going to various tango venues and dancing socially. Linda and Mehmet give close attention to students and make the dance environment fun.

The Argentine Tango appeals to a diverse group of people. Students can benefit from learning the fundamentals of dance and the dynamics as well as the Zen aspect of tango. All students will of course have exposure to the elegance and fun/colorful part of the Argentine Tango. At the end each dancer will determine his/her color of dance."

January 20 - March 3 (No class February 17)

338150 A1 - S - 3:00 p.m. - 4:30 p.m.

Fee: R \$65 / NR \$ 81.25 - Six classes

GUITAR I – Beginner

Ages 9 and older

Instructor: Bill Burke

The beginner class will cover basic music fundamentals, the study of chords for song accompaniment, and note reading for melody playing. Class time will include learning new material, reviewing and practicing, music issues and stories and demonstrations. No prior music experience or instrumental background required.

January 21- February 25

358130 A1 – SU – 11:00 a.m. – 12:00 p.m.

Fee: R \$31 / NR \$39 – Six classes

GUITAR II – Intermediate

Ages 9 and older

Instructor: Bill Burke

If you can play chords then this is the class for you. We will cover various accompaniment styles explored through songs. Some areas of discovery will include strumming, fingerpicking, soloing, reading, composing ear training, and various styles. Direction of this class is influenced by your interest!

January 21 - February 25

358131 A1 – SU – 12:00 p.m. – 1:00 p.m.

Fee: R \$31 / NR \$39 – Six classes



Each student must have a guitar (some rentals available from the instructor).

A \$3 material fee is due to the instructor the first day of class. For questions regarding the course call the Community Center for the instructor's phone #. Classes will be held at the Bowman Arts and Crafts Center, 211 Center St. S



BRIDGE - DIAMOND SERIES

Instructor: Louise Sellers

The play of the hand is the focus of this series of classes. Be a skillful, confident declarer who frequently makes overtricks. Learn to play your declarer play, when to take that finesse and more about stayman, slam, and pre-emptive bidding. This is not a class for beginning bridge players.

January 22 - March 19 (No class February 19)

339170 A1 - M - 6:30 p.m. - 9:00 p.m.

Fee: R \$80 / NR \$100 - Eight weeks, plus a \$25 bridge book packet paid to the instructor on the first day of class.



IRISH FIDDLE CLASS 2

Instructor: Randy Latimer

Learn techniques to play the fiddle.

Some experience needed. You will need to bring your own violin. Check with Foxes Music, Falls Church, Brobst Violin in Springfield, or Music and Art Center for possible rentals.

January 11 - February 15

358132 A1 - TH - 5:00 p.m. - 6:00 p.m.

Fee: R \$31 / NR \$39

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THE TRUTH ABOUT OSTEOPOROSIS: FACT VS FICTION

Dr. Kathryn Thomas - New Life Wellness Center

What are the real causes of cholesterol problems? Is it really caused by "lack of calcium consumption"? Is there such a thing as "too much calcium"? How can you know how much you really need? What about hormone replacement therapy? How safe are the newest drugs being provided for this condition? Is the cure worse than the disease? What is the true role of diet or exercise in causing or preventing osteoporosis? What can you do to prevent or reverse this condition? Find out answers to these questions at this workshop.

January 23

332421 A1 - T - 7:00 p.m. - 8:00 p.m.

No Fee

NATURAL SOLUTIONS TO FIBROMYALGIA, CHRONIC PAIN AND FATIGUE

Dr. Kathryn Thomas - New Life Wellness Center

Learn potential causes to this often debilitating illness and learn natural solutions to handle Fibromyalgia.

February 27

332421 B1 - T - 7:00 p.m. - 8:00 p.m.

No Fee

PERSONAL SAFETY FOR WOMEN

Instructor: Virginia Palmore, Vienna Police Department

The principle objective of the Rape Aggression Defense (R.A.D.) program is to develop and enhance the options of self-defense, so that they may become more viable considerations to the woman whom is attacked. It offers a basic education in confrontation principles and personal defense. Thirty percent of the class will be crime prevention and risk reduction theory, defensive tactics and defense. The Rape Aggression Defense (R.A.D.) system is not for the weak at heart. Our system is specially designed for women who are willing to consider defense as an available option, in situations where their survival is in jeopardy. At the conclusion of the program the student should expect to be psychologically and physically more confident in an attack situation. Please wear loose comfortable clothing and tennis, walking, or aerobic shoes. **THIS IS A FOUR-PART CLASS. ALL SESSIONS MUST BE ATTENDED.**

January 22 - January 31

359540 A1 - M/W - 7:00 p.m. - 10:00 p.m.

Fee: R \$5 / NR \$7.50 – Four classes – Materials fee of \$15 made payable to the Vienna Police Department is due the first day of class.

COMING THIS SPRING!!!

ON LINE REGISTRATION

NEW!!!

BASIC FIRST AID, CPR/AED CERTIFICATION

Instructor: Mid Atlantic CPR

Each 6 hour course taught through lecture and hands on experience combines a wide variety of first aid techniques and CPR/AED instruction. By class end, students will have the knowledge and training to deal with unexpected emergencies such as choking, cardiac arrest or physical injury. All passing students will receive their American Safety and Health Certification card at the conclusion of class that will be valid for two years.

December 2

339429 A1 – S – 9:30 a.m. – 3:30 p.m.

January 6

339429 B1 – S – 9:30 a.m. – 3:30 p.m.

February 3

339429 C1 – S – 9:30 a.m. – 3:30 p.m.

March 4

339429 D1 – SU – 9:30 a.m. – 3:30 p.m.

Fee: R \$60 / NR \$70



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SPANISH FOR BEGINNERS – PART I

Instructors: Harry Diaz

Learn this popular language by having fun and pleasure not pressure! Learn not only to write and read but also to communicate beginning with the first class! Living Language “Ultimate Spanish” basic/intermediate is the book used in this class. This book may be purchased at a local bookstore.

January 22 - March 19 (No class February 19)

339160 A1 - M - 12:30 a.m. - 2:30 p.m.

Fee: R \$64/ NR \$80- Eight classes

SPANISH FOR BEGINNERS PART II

Instructor: Harry Diaz

The Living Language “Ultimate Spanish” basic/intermediate book is used in this class. Continue to learn this popular language! Learn to communicate in the present tense and start to learn the irregular verb conjugations.

January 22 - March 19 (No class February 19)

339161 A1 - M - 10:00 a.m. - 12:00 a.m.

Fee: R \$64 / NR \$80 - Eight classes

SPANISH PART VI - REVIEW

Instructor: Carmen Diaz

This course is for those that have completed Part VI continue to improve you reading and communication beginning with the first class.

January 22 - March 19 (No class February 19)

339165 A1 - M - 10:00 a.m. - 12:00 p.m.

Fee: R \$64 / NR \$80 - Eight classes

SPANISH - CONVERSATION

Instructor: Carmen Diaz

Use all of your skills to continue to communicate fluently.

January 22 - March 19 (No class February 19)

339166 A1 - M - 12:30 p.m. - 2:30 p.m.

Fee: R \$64 / NR \$80 - Eight classes

PAPER CRAFTS WORKSHOP I

18 and Older

Instructor: Grace Register

Paper Craft gifts are so fun to make! This class will concentrate on creating a wonderful mini album as well as patterns for making lovely gifts to brighten anyone's day. The album will showcase the newest look in mini albums which you'll be proud to bring home. Please bring scissors and double stick adhesive as all other tools will be provided for your use.

January 30

337243 A1 - T - 5:30pm - 8:30pm

Fee: R \$15 / NR \$20

PAPER CRAFTS WORKSHOP II

Instructor: Grace Register

This class will concentrate on scrapbooking and card making crafting. Learn tips and techniques for creating impressive cards for your loved ones and scrapbook pages. Most of these techniques can be applied to many of your crafting projects beyond cards or album pages. The class will complete a scrapbook two page layout ready for your photos. Handouts will be given out and tools will be available for your use. However, please bring scissors and double stick adhesive to class.

February 20

337243 B1 - T - 5:30pm - 8:30pm

Fee: R \$15 / NR \$20

The above classes are held at the community center.

NEW!!

THE ART OF MOSAICS

18 and older

Instructor: Brenda Reagan

Learn the Art of Mosaics, both Classical and Contemporary. You will be introduced to “The Direct Method” a brief introduction to the History of Mosaics, get familiar with the tools of the trade, work with ceramic tile, and stained glass pieces to complete a beautiful masterpiece of your own! No experience necessary and all tools will be provided. **Supply/Kit fee - \$70 payable to the instructor at the first class.**

January 14 - March 4

332410 A1 -SU - 4:00 p.m. - 6:30 p.m.

Fee: R \$80 / NR \$100 -Eight classes

BEAD BEDAZZLE

18 and older

Instructor: Brenda Reagan

Introduction to Basic Beading Techniques for Jewelry, get familiar with tools, wire, Glass beads, and much more! Each week make your own little Bedazzled Masterpiece! Earrings, Bracelets, Necklaces, yes we do it all!! Supply fee - \$20 payable to the instructor at the first class.

January 12 - February 16

332410 B1 - F - 6:30 p.m. - 8:00 p.m.

Fee: R \$40 / NR \$50 - Six classes

The above classes are held at the community center.



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